

- **Dublin Sports Fest**

General:

DCSWP's flagship event will take place during European Week of Sport (September 23rd – 30th). The focus will be on encouraging participation across all ages, backgrounds & abilities and, importantly, sustainability. The festival will comprise of a week-long programme of activities, comprising of pre-existing events and the delivery of specific one-off events & promotions across many of DCC's facilities, parks and urban spaces.

Website & Calendar of Events:

A holding page currently sits on the URL: dublincity.ie/sportsfest, informing people that the event is coming soon and providing contact details for anyone who wishes to find out more information or get involved. It is hoped that we will have our calendar of events up on the site within a number of weeks. The calendar will continue to evolve as more events are added.

Pre-Existing Events:

We are delighted to confirm that the Great Dublin Bike Ride, the Laser Run World Championships & Parkrun/Junior Parkrun have all formally agreed to allow us to market their events as part of Dublin Sportsfest. In relation to Parkrun, we will look to 'turn parkrun blue' on Sept. 29th by encouraging all participants in Parkruns across the city to wear blue for Sportsfest!

DCC Facilities & NGB Participation:

All DCC sport & recreation facilities have been informed that there is an expectation on them to participate in the week by delivering an innovative event, open day or special promotion. It is an opportunity for them to showcase their facility & avail of the marketing and promotional push that Dublin Sportsfest will hopefully bring. A number of the centres have already put plans in place to deliver free swimming lessons to local schools etc...

We are currently contacting all National Governing Bodies for the various sports to see if they will get involved. The response to date has been positive with the FAI, Volleyball Ireland, Leinster Cricket, Tennis Ireland, Rowing Ireland, Leinster Rugby, Ladies Gaelic Football & Tug of War keen to get involved.

Response from Clubs to Date:

We issued a call out to sports clubs at the beginning of June, informing them what Dublin Sportsfest is all about, how they could get involved, why it would be in their interest to do so and to invite expressions of interest. The deadline was June 29th and so far we have had 13 formal expressions of interest although we expect that number to at least treble based on phone queries, e-mail correspondence & social media activity. We will not treat June 29th as a hard deadline & fully expect further engagement from clubs after this date. Some examples of responses to date include:

- *Good Counsel GAA will host an open weekend on Sept 29th & 30th to include an Operation Transformation style programme, GAA skills demo, Puc Fada, Irish Dancing Classes, Meet & Greet with County Stars and to showcase their Healthy Clubs Initiative.*
- *St. Bernadette's Boxing Club, Santry, plan to host an army style assault course event on Portmarnock Beach on Sept 23rd. They will invite other sporting clubs from the locality to take part in 'club v club' and 'coach v coach' challenges.*
- *Ierne Social & Sports Club, Drumcondra, will host an open day on Sept 27th with free access to activities for older adults in the local community & beyond. Activities include pitch 'n' putt, bowls, tennis, snooker & table tennis.*

Launch:

The Lord Mayor of Dublin, Cllr. Nial Ring will launch Dublin Sportsfest on Tuesday, September 4th. The plan is to have Sportsfest ambassadors there on the day – a mix of well known sporting personalities and everyday people who use DCC sporting facilities on a regular basis – in addition to dignitaries & media. Taster sessions for various sports will be ongoing at the venue and we will invite local schools & other groups to ensure the venue is a hive of activity on the day!

Commercial Partner / Means of Promotion:

We are currently in talks with Lidl to see if they can come onboard as a partner with a view to providing refreshments at many of the Sportsfest events taking place during the week.

We will 'dress the city' by way of lamppost banners along a section of the quays and in other prominent places across the city such as O'Connell St, Merrion Square & Stephen's Green North. A JC Decaux billboard campaign will run from 12th August – 8th Sept in addition to 20 poster sites (usually on hoarding surrounding derelict buildings or spaces). We will contact Dublin Bus, Luas & the National Transport Authority to see what possibilities there are for promotion on public transport.

Flyers will be distributed to libraries and similar outlets. Branded assets such as bunting, teardrop flags & t-shirts will be used at Sportsfest events taking place across the city. We will also distribute Sportsfest branded social media photo frame props to clubs for use at their event. Images can then be shared to maximise promotion.

The promotional campaign will take place across all social media platforms and some elements of radio in order to gain as much traction as possible for Dublin Sportsfest.

EVENTS

Please see below a flavour of some of the bigger events planned:

Sports Stadium @ Dalymount Park

Venue booked for Monday 24th September. We hope to host a Walking Football event for older adults on half the pitch and run cricket / tag rugby taster activations for schools on the other half. We hope to link with D.I.T. Grangegorman & the Bohemians Foundation on this event.

Dublin Sportsfest Seminar: Olympic Values & Insight into Elite Sport

In conjunction with our team of Boxing Development Officers (who deliver an annual Olympic Values Educational Programme to schools), we have provisionally booked the Wood Quay Venue on Tuesday Sept 25th (afternoon) to deliver a seminar broader in scope than the above. It will give an insight into elite sport and what it means to be an Olympian via presentations, motivational speeches and Q&A session.

We will obviously need some major sporting personalities (Olympians & other elite) to agree to appear on the day and if they could bring trophies or medals along all the better!
The invited audience will consist of TY students sourced via the GAISCE Awards or nominated directly by schools citywide. Capacity is 120.

Liffey Odyssey

At 3pm on Saturday, September 29th a huge flotilla of craft (rafts, canoes, kayaks) will sail at a leisurely pace from the Rowing Centre in Islandbridge to Poolbeg. Our friends in Ballyfermot Youth Service Adventure Centre will lead this event and will also be responsible for promoting it amongst other youth services & kayak clubs etc... from across the city in an effort to recruit additional craft & participants. A Family Fun Day will take place at the starting point from 11am that morning.

Docklands Event

Event to take place on Thursday 27th September (National Fitness Day) in partnership with Ireland Active. We are currently in the process of trying to secure the space on Grand Canal Quay, just in front of the Bord Gais Energy Theatre and have applied to the relevant management company for a permit for same.

The vision is for a day full of activity comprising of open air fitness classes (pre-registrations will be required), pre-work tai chi and post-work silent disco alongside some other ancillary fun activities. We will bring an Event Management Company on board. The event will be promoted amongst the corporate organisations and local businesses in the area in addition to the National College of Ireland.

Glow Sports

DCSWP will purchase two 'glow packs' to enable us to deliver a number of 'glow' events during the week of Sportsfest and beyond. Glow football and Glow spin are the most popular manifestations to date but the concept is transferrable to many different sporting & fitness activities. It is hoped a number of DCC Sport & Recreation facilities will agree to host glow events during the week. This particularly appeals to teenage girls, a demographic we are keen to engage with.

Trinity Tag

Trinity College have agreed to expand a tag rugby tournament for freshers, scheduled for Wed Sept 26th, to include a number of local schools as their way of reaching out to the local community for Dublin Sportsfest.

NEIC

The Senior Sports Development Officer working in the area is currently exploring the possibility of delivering an Olympic Handball event and a special 'Gaelic for Mothers & Others' Programme during the week of Sportsfest.

Sports History

As part of the Festival of History, a talk on the 'Impact of World War 1 on Sport in Ireland' will take place in Pearse St. Library on Sept 29th. The organisers are happy for this to be added to the Dublin Sportsfest schedule. The possibility of doing some kind of a Sport History Cycling Tour is also being looked at.

- **Sport for Young People – Small Grants Scheme**

The aim of the grant is to increase participation by young people throughout Dublin City in sport and physical activity. Grants were advertised in mid-May via email to Clubs and Sports Contacts, newspaper advertisement and via social media. Deadline for receipt of applications was Friday, June 29th at 4pm.

More details can be found at: dublincity.ie/smallgrantscheme2018

- **Bike Week**

Bike Week is a National initiative that took place from the 9th to 17th of June. Dublin City Sport & Wellbeing Partnership sourced funding via the Environment & Transportation Department and used this to deliver a number of bike related activities across the city during the week.

During Bike Week, the Sport & Wellbeing Partnership launched 2 new Bike Hubs which have been established at Dublin Municipal Rowing Centre, Islandbridge and East Wall Water Sports Centre.

- **The Green Scene**

Dublin City Sport & Wellbeing Partnership is putting together a schedule of activities to take place on Green Spaces around the City during the summer months. Activities will comprise of multi-sport and physical activities and will target various demographics within the community.

Some of the initiatives already planned for the South Central Area include:

- Sports Day for under 14's in Bluebell Community Centre on on 25th July (10am – 3pm)
- **Family Fun Day** in St Michael's Green, Inchicore on 19th July (2pm – 5pm)
- Multi-sport sessions for boys & girls aged 6 – 12 years on August 6th- 9th @ open space in front of the F2 Centre, Herberton
- **Fatima Sports Day** on the pitch and green in front of the F2 Centre on July 26th
- Multi activity day for adults from 2pm – 4pm in Fatima on July 27th
- **Soccer Road League** will take place in Ballyfermot across 3 evenings from 17th-19th July for 9-14 year olds. Please contact your local Sport Officer for more details
- **Ballyfermot Sports & Fitness Summer Sports Camps** will run for 2 weeks (16-20th July & 23-27th July) from 10am – 3pm (6-11 year olds)
- **Cherry Orchard Final Sports Day:** A selection of sporting activities and events as part of a finale to the 4-week summer camp programme will take place on August 3rd at 10am – 4pm. An athletics obstacle course will be included. Further activities to be confirmed.
- Every Wednesday from July 18th – August 29th, an event open to mixed youth aged 4 - 17 years will take place on the all weather pitch in Basin Lane.

- **Champions**

This multi-sports programme is aimed at adults with intellectual disabilities and is run in partnership with St. John of God Menni Services. It is ongoing every Monday from 11am – 12pm in Sport & Fitness Ballyfermot.

Our DCSWP Sport Officers in the South Central area are always linking in with the relevant agencies & service providers in order to deliver a number of *Champions* programmes on an ongoing basis.

- **Thrive**
 Thrive is a referral programme geared towards engaging people with mental health difficulties. This can range from people who suffer with anxiety or depression right through to people who may have suffered an acquired brain injury and need assistance in re-integrating into their communities from a personal independence, social & general wellbeing viewpoint. Some current ongoing *Thrive* initiatives in the South Central Area include –
 - *Fatima; Tuesdays from 11am – 1pm & Wednesdays from 12.30pm – 1.30pm (in partnership with Fatima Groups United)*
 - *There will be 2 summer activities scheduled for mixed groups of adults in July as part of the Summer ETB Programme (in partnership with Ballyfermot STAR). Please contact your local DCSWP Sport Officer for more details.*

- **Change for Life**
 Aqua classes will be held in Herberton, Rialto, from July 4th – July 25th. This programme is open to all levels of fitness. The aim is to get people more active more often and to promote a healthy all-round lifestyle. Please contact your local DCSWP Sport Officer for more details.

- **Get Dublin Walking:** DCSWP Sport Officers, in partnership with the HSE and DCC Community Section are rolling out a series of walking groups across the city under the banner of ‘*Get Dublin Walking*’. Get Dublin Walking Programmes running in the South Central Area include:
 - *Brickfields Park – every Saturday morning at 9.30am, in partnership with Fatima Groups United. The aim of this programme is to filter participants into the parkrun to create a sustainable pathway for people to walk or run on a regular basis.*
 - *Dolphins Barn – A walking group for females, in partnership with Dolphin’s Barn Health Team. Takes place every Monday evening at 6pm.*
 - *Swinging 50’s Club – A walking group for females aged 50+ from the Ballyfermot area. The local DCSWP Sport Officer is supporting the groups to explore more challenging walks outside of the immediate area. There will be group outings on July 2nd.*
 - *Ballyfermot Walkers - Commenced in mid January, the group meets every Monday and Wednesday at 7pm from Ballyfermot main church. Open to all ages and gender, this walking group is run in conjunction with the DCC Community Section.*

- **Youth Fit:** Current programmes ongoing include -
 - **Hill-Walking** programme with a male first year group from Familibase Youth Service (12 – 14 years). Includes outings to Skillzone & Zipit.
 - The **Candel Project** (Ballyfermot) is a Summer Programme running in July for 12-17 year olds that will involve various sporting activities and outings including frisbee and rugby.

- **Rowing** Programme for 6th class students from De La Salle N.S., Ballyfermot (in association with Ballyfermot Outward Bounds Adventure Centre)
- A **Learn to Swim** initiative aimed at teenagers from CLAY Youth Project is ongoing. The sessions take place each Thursday at 4pm in Crumlin Pool and are delivered in conjunction with Swim Ireland.
- **Swim Ireland Dockland Dip** is an event hosted by Swim Ireland in the Docklands on July 18th at 10am – 4pm for 10 to 16 year olds. It will be attended by various youth services.
- The Ballyfermot DCSWP Sport Officer & **St. Ultan's Care Team** are running a summer camp from July 4th- August 8th. This will involve a selection of sporting activities and outings including rugby, cricket, visits to zipit and an Aviva Stadium tour (for 7-14 year olds).
- A day of kayaking for the **Fountain Youth Project** will be held on Friday August 3rd from 3pm - 7pm in East Wall Water Sports Centre for teens aged 13 – 17 years.
- **Adventure Sport Sessions** will be delivered throughout the Summer to groups from Dolphin's Barn Youth Services, Fountain Youth Project & Bluebell. This programme is run in partnership with Ballyfermot Outward Bounds Adventure Centre.
- A **Cycling Programme** is ongoing this Summer with young people from Solas Youth Project.

General

- **Boot Camp:** Every Tuesday evening from 7.30pm – 8.30pm in Brickfields Park. Open to the general public.
- **Chair Yoga** is ongoing every Thursday from 2pm – 3.30pm for older adults in the Walkinstown area.
- **Chair Aerobics** is ongoing every Thursday from 10.30am – 12pm in Donore Avenue Youth & Community Centre. This class is aimed at older adults in the south inner city area. A similar Chair Fitness Programme takes place on Monday evenings at 7.30pm.
- **Bowls:** Every Tuesday from 1pm – 3pm in St. Catherine's Sports Centre (D8 Men's Shed) & every Friday from 12pm – 2pm in Donore Avenue Youth & Community Centre (older adults, mixed).

Donore Avenue Youth & Community Centre will also host the Bowls Liberties Fest competition for adults over 55 on Friday July 20th from 11am - 3pm.

- Gymtasics, a **gymnastics class** for children (under 10's) with mixed abilities continues to take place every Wednesday from 4.30 to 5.30pm in Fatima.
- A **Learn to Swim** initiative called 'it's never too late' is ongoing every Monday morning at 9.30am in Herberton Gym, Rialto. This programme is open to any adults in the area who would like to learn how to swim and is delivered in partnership with Swim Ireland.
- **Inchicore Ladies** is a group that meet every Tuesday morning at 10am in St. Michael's Parish Hall. Sessions are facilitated by the DCSWP Sport Officer and the aim is to create an opportunity

for women in the area to exercise in a comfortable & familiar environment in the hope they will build up enough confidence to sign up to other classes/gyms in their locality.

- **The Presidents Awards (Gaisce)** will be issued through Dublin City Council, who is a Gaisce Award Partner with the local DCSWP Sport Officer for Ballyfermot being a young people's PAL (President Award Leader). She is currently working with a D10 youth group aged 15 – 26 years & a St. John of God Menni Services Group aged 18 – 26 years to help them both achieve the award.
- **Yoga Ballyfermot:** a range of yoga classes in Ballyfermot Sports & Fitness, with 'Hot Yoga' being one of the newest, have been added to the timetable of classes. Classes take place in the morning and evening. Membership is not required to take part in a class.
- **Introductory Snorkel Programme** is an introductory session to snorkeling for staff in Ballyfermot Outward Bounds Centre and will take place during the day on July 27th.

Clogher Road Sports Centre – News/Info

- **Hot Yoga** continues every Monday from 7pm – 8pm. Open to anyone in the local area, male or female, this class will help improve posture, flexibility & core strength while also tackling stress. Contact DCSWP Sport Officer Will Morris or the centre directly for more details.
- **Bokwa classes** take place on Monday & Thursday evenings. Bokwa is a cardio based blend of hip-hop and step aerobics that taps into South African-style dance and is fast gaining popularity everywhere!
- **Teen Gym** has returned to Clogher Road Sports Centre. The sessions are divided into girls hour/boys hour and are open to all teenagers from the local area. Ongoing every Monday and Tuesday from 5 - 7pm.

St. Catherines Sports Centre, Marrowbone Lane – News/Info

- In an exciting development, **College of Dance**, the premier centre of excellence for dance training in Ireland has taken up a long term residency in St. Catherines. This has brought much life to the area and created a buzz around the facility, even during off-peak hours.
- **Atomic Stage School** are in the centre every Saturday from 10am – 5pm
- **Flexi Stretch'** Class continues every Tuesday from 1-2pm and every Wednesday from 6.30pm – 7.30pm
- Ballet Áthas Youth **Ballet** Company hold an open session every Sunday at 11.30am (for ages 14 – 30)
- **St. Catherine's Boxing Club** continues to operate from the centre every Monday, Wednesday & Friday evening. The club is growing from strength to strength.
- A number of **parent & toddler/baby friendly classes** are currently running in St. Catherines. Please contact the centre directly for more details.

Football Development Officers Update

- **Walking Football for Fitness** is an initiative aimed at local women who are looking to get fit and stay active. Takes place every Tuesday morning at 11am in Inchicore Sports Centre.
- **Sprog Soccer** takes place every Monday from 4pm to 5pm in St. Catherine's Sports Centre for 4 – 8 year olds.
- **Men's Homeless Street League** takes place each Friday from 11am – 1pm in St. Catherine's Sports Centre.
- **Teen Football Drop-in:** aimed at teens from the local Inchicore area, the programme runs in Inchicore Community Sports Centre every Thursday at 5pm.
- The FAI/DCSWP Development Officer for Ballyfermot is partnering with Cherry Orchard FC to deliver school coaching sessions, coach development sessions, drop-in sessions and girl's football.
- **Summer Camps:** Our FAI/DCSWP Development Officers will be rolling out a huge number of football based summer camps across the city throughout July & August. One such camp will take place at the Crumlin Utd facility.

Boxing Development Officer Update

- The *Startbox* Initiative, a partnership between the IABA and Dublin City Sport & Wellbeing Partnership, represents an ideal way for young people (10 – 17 years) to first engage with amateur boxing, Ireland's most successful Olympic sport. It is delivered by our 5 dedicated IABA/DCSWP Development Officers via local schools (primary & TY level) in communities across the Dublin City area. Approx 2,000 young people take part each year.

The Programme is structured into Bronze (non contact), Silver and Gold phases. The first two phases focus on general strength & fitness, method and technique. The Gold phase introduces an element of contact to those participants who have displayed a particular talent & enthusiasm for the sport.

During the Summer months the IABA/DCSWP Development Officers take a break from *Startbox* to deliver an Olympic Values Education Programme in June. It includes 3-D Printed exact replicas of various Olympic medals. July & August are geared towards the Startbox Aviva Stadium Experience (which includes a stadium tour). These innovative programmes are aimed at primary schools for their end-of-term trips in June and then latterly to Youth Projects & Summer Camps throughout July & August.

For more information on which schools in the South Central Area our IABA/DCSWP Development Officer is linking in with, please contact Ed Griffin directly. Contact details can be found at the foot of this report.

Rugby

- Our DCSWP/Leinster Rugby Development Officer will be working on **Summer Camps** throughout July & August in addition to assisting DCSWP Sport Officers with Green Scene Programmes or similar.
- **Pathway & Progression:** Our DCSWP/Leinster Rugby Development Officer will also act as an intermediary for any kids who display a particular talent or enthusiasm for the sport to make contact with their local club.
- Specific programmes to target older adults, people with disabilities & youth at risk are currently under development.

Rowing Development officer Report

- **Get Going ... Get Rowing - General**

This initiative, jointly supported by DCSWP, Sport Ireland, Healthy Ireland, Active School Flag & Trinity College, has been successfully rolled out for a number of years by Rowing Ireland's Leinster Women's Development Officer, Michelle Carpenter. This is a 4/6 week school's programme for girls (second level). Rowing Ireland provide rowing machines and a community coach to the schools.

A Transition Year Programme compliments the above by giving students the opportunity to get on the first step of the coaching ladder and enabling them to be involved in a youth leadership role, working in a fun and interactive environment with younger students who will be taught values such as fair play, respect, dignity etc...

- **2017/2018 Review**

So, we take stock of the *Get Going...Get Rowing* programme a few weeks from the end of what has been a bumper academic year in terms of introducing rowing to new schools and students.

We held our biggest ever #Blitzit event in Dublin City on Friday 10th November with over 900 students attending the third annual competition in Trinity College Dublin. We also had our #Blitzit *Splash and Dash* on the water in Grand Canal Dock on Friday 20th April 2018 which was a tremendous success. The sun shone, the weather stayed dry and we had 57 crews from our Dublin schools taking part, in addition to our partners who contested the partner's race. This event is the culmination of the indoor coaching and on-the-water sessions provided by the programme.

The *Get Going ... Get Rowing* programme will be complimented by Summer Camps for those students who wish to take their introduction to rowing to the next level and create a pathway to sport and physical activity for life.

Dublin City schools on board or in the process of coming on board for 2018/2019 are as follows:

St. Dominic's Cabra
Dominican College, Griffith Ave
Presentation, Terenure
Our Ladies, Terenure
St. Mary's Glasnevin
Mercy School Goldenbridge Avenue

High School, Rathgar
Colaiste Bride, Clondalkin
Kings Hospital, Palmerstown
Larkin College
Marino College
Maryfield College, Sion Hill
Caritas College, Ballyfermot
*Kylemore College, Ballyfermot**
*Margaret Aylward Community College, Whitehall**
*Rosary College, Crumlin**
*Scoil Chaitriona, Glasnevin**
*Holy Faith, Clontarf**
Sutton Park, Sutton
*Trinity Comprehensive, Ballymun**
*Our Lady of Mercy College, Beaumont**

*schools new to the programme this academic year

- **Phoenix Rowing Club:** A recreational rowing club for adults based in Dublin Municipal Rowing Centre. The club is purely aimed at getting people on the water to enjoy the activity and surrounding environs of the Memorial Gardens, Phoenix Park & River Liffey. No previous experience required and members can progress at their leisure to a level of their comfort and choosing.
- **Active Age Rowing** - Tuesdays and Fridays from 12.20pm - 1.30pm in Dublin City Municipal Rowing Centre, for new and on-going participants aged 55 and over. No previous experience required.

Cricket Development Officer update

- Liaising with DCSWP Sport Officers in the area to organise the running of cricket programmes for the coming months, in addition to any Summer Projects/Events that may be on in the area (e.g. Inchicore Family Fun day on the 19th July and the Fatima Summer Camp which starts on August 6th and will run every Monday for the month of August)
- We have a number of players involved in the provincial teams (U11, U13, U15, U17, and U19), both male and female, from 9 - 18 years of age, who have training sessions and cricket tours during this period. These sessions take place on a weekly basis at different venues in the Dublin City area. Although all the venues may not be in the SCA, many of the participants are from here. Some of these events include:
 - *Dublin City Summer Camp, 16th - 20th of July from 10am - 4pm in the Phoenix Park*
 - *Dublin City U17 match in YMCA cricket grounds on the 23rd July from 11am - 5pm*
 - *Dublin City Girls Camp, 30th July – 3rd August from 10am - 4pm (Venue TBC)*

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